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High -8°C/Low -18°C Wind chilly

Obama bids America an emotional farewell
metroNEWS

Jackie Jansen van Doorn, Adil Hooda and Carrie Hubka work to escape the pirate room at The Locked Room Calgary on Jan 4.
JENNIFER FRIESEN/FOR METRO

FUN LOCKED IN

Future bright for entertainment businesses metroNEWS

Demand high for medically assisted deaths

HEALTH

Right exercised by 2-3 Albertans weekly: Agency

Elizabeth Cameron
For Metro | Calgary

Nearly three Albertans a week are exercising their right to die — a number that has surprised Alberta health officials.

In February 2016, the Supreme Court of Canada struck down a federal prohibition on physician-assisted deaths.

Federal legislation guiding medically-assisted deaths came into effect in June.

According to Alberta Health Services, 71 Albertans have been provided with a medically-assisted death since it became available — 20 of them in the Calgary Zone.

"At the beginning we were not surprised by the numbers," said Dr. James Silvius, lead for medical assistance in dying preparedness at Alberta Health Services (AHS).

"We expected they would taper off a bit, but we haven't seen the demand going down with an average of 2-3 taking place each week."

He said the demand has been higher than anticipated, but consistent with other provinces.

The most-cited health conditions in patients have been cancer, multiple sclerosis, and amyotrophic lateral sclerosis (ALS).

"I don't know what I was expecting in terms of numbers, but I don't think it's necessarily surprising," said Bradley Peter, director of Dying with Dignity Canada.

He said it's more important that the legislation is working as it should.

"I think we need to be collecting really rigorous data to understand if we're missing an important group of the population who wants access to this, but is continually denied," Peter said.

A total of 36 people have not met the federal criteria to receive a medically-assisted death, according to AHS.

IN BRIEF

ASIRT probe police use-of-force incident

The Alberta Serious Incident Response Team (ASIRT) is investigating a New Year's Eve use-of-force incident involving Calgary police.

CPS officers were on patrol at the Blackfoot Truck stop around 11 p.m. when they saw a black vehicle with "a licence plate that appeared suspicious."

ASIRT said before the officers were able to do a traffic stop, the driver of the vehicle floored it, trying to get away from the police, before hitting a tree a short distance away.

When officer confronted the 31-year-old man an altercation took place and the man was taken into custody where it was noticed that the man had cuts on his head. He was then transported to hospital for medical attention.

LUCIE EDWARDSON/METRO

First city committee meeting of 2017 scrapped

Three items on the city's Priorities and Finance committee agenda will have to wait, after the poorly attended 9:30 a.m. meeting was ultimately cancelled.

There were only three council members present at the meeting, and four were needed to keep going according to council's procedural bylaws. Coun. Evan Woolley, who was at the meeting with both mayor Naheed Nenshi and Coun. Ward Sutherland, said his colleagues missed the beginning of the meeting because of traffic.

HELEN PIKE/METRO CANADA

The City of Calgary bylaw requires property owners to clear sidewalks within 24 hours of a snowfall. ELIZABETH CAMERON/FOR METRO

Complaints about snow-clearing down

CITY HALL

Majority of calls coming in are about sidewalks

Helen Pike
Metro | Calgary

Snow problem? No problem!

Despite three weeks of snow providing a cold winter's blanket, the city hasn't seen the same level of snow related 311 complaints.

According to the most recent stats, Between November 2015 and the first week of January 2016, the city was getting an average of 82 calls per day. In the same nine-week period this year, the city's seen 61 calls a day.

But there's a reason or two behind the figures. According to the city the snow has just started, whereas last year the city was walloped with an early snow blanket.

Shara Rashka, who is an avid inner-city walker, said she sees the same amount of sidewalk snow clearing every year, and hasn't noticed anything out of the ordinary this time around.

"I think depending on the area of the city you walk in, and your individual mobility, it probably could be better," Rashka said. "Even I, who has good boots and am relatively flexible and mobile have tripped over part of the sidewalk."

Kyle Andrew another resident said his immediate neighbours don't help keep walks clear, but in general his other neighbours lend a helping hand.

"Just a street over, there's this elderly lady who is constantly getting told to go inside when she is seen shovelling," Andrew said. " She can focus on other things, and her neighbours shovel for her."

Most of the calls coming in are for sidewalk clearing. In Calgary, the bylaw specifies that property owners are responsible for clearing adjacent walks within 24 hours, and failure to do so results in warnings, and then if the snow still isn't gone, the city removes it at the owner's cost.

According to Susan Wall, a city bylaw inspector, this isn't a process that takes a few hours, depending on the warning process, and depending on route priority it could take days. The city often has people call back to let them know the offending snow piles are still there — even though the process to get them moved is ongoing.

38 311 calls per day last winter.

16 311 calls per day this winter.

Wall said the most she's seen someone shell out is $600 — ouch. But it all depends on how big the job is.

"If the sidewalk isn't shovelled from the snow it makes it very hard for people to manoeuvre their way from the sidewalk," Wall said. "If you've got anyone who has got mobility issues ... it's pretty important from a safety point of view that it's cleared."

Despite the high cost, Wall said there's unfortunately repeat offenders.

POLICE

A message of unity

Lucie Edwardson
Metro | Calgary

The new president of the Calgary Police Association (CPA) wants to show a united front.

Leading up to his first press conference, scheduled for Wednesday at 1 p.m., CPA president Les Kaminski sent out an email, which was provided to Metro, to members requesting their assistance.

He asked that up to 100 members come in full uniform to stand behind him while he delivers a prepared statement to the media.

"The message is powerful but positive and you will be afforded an opportunity to hear it before it's delivered," he wrote. "I believe that having you standing behind me will send a powerful message of unity and solidarity to the executive, to the Police Commission, and to the public. We will be heard."

He said officers who participated would be provided a drink of their choice at an informal "debriefing" following the media availability.

In a second email, Kaminski made a slight change, asking that only off-duty members attend in plain clothes, and made no mention of any free beverages, or the debriefing.

"I can assure you that you will only be asked to provide me with a backdrop as I deliver a prepared message and then answer any follow-up questions the media may have," said the CPA president.

Kaminski was elected as CPA president in December of 2016 and began his duties Jan. 1.

He is taking power in a time when the Calgary Police Service faces many issues; including allegations of workplace bullying and harassment, and an increased number of officer involved shootings.

metro NEWS

Your essential daily news

Dylann Roof sentenced to death for killing nine people in Charleston, South Carolina. **World**

Is Calgary getting more fun?

RECREATION

Entertainment business boom won't slow down in 2017

Aaron Chatha
Metro | Calgary

Pips in Marda Loop was the first board game café on the scene. JENNIFER FRIESEN/FOR METRO

Escape rooms have flourished, with more than a dozen businesses opening in the city. JENNIFER FRIESEN/FOR METRO

Axe throwing attracts the corporate sector. FACEBOOK

Board games. Escape rooms. Axe throwing.

It's not just a passing fad — Calgary's entertainment businesses just had a great year, and are formally saying that they're here to stay.

"There was an explosion, definitely, in entertainment," said Adil Hooda, co-owner of the Locked Room franchise of escape rooms. "Pips opened up in Marda Loop, Hexagon in Kensington.

"I think people in Calgary wanted to get out of their regular thing and do something more interesting."

ESCAPE ROOMS

For the uninitiated, an escape room is a room filled with puzzles, which a group of players must solve within an hour to leave the room and complete the game.

In just a few years, more than a dozen escape room businesses have opened up, each with an average of four rooms, and yet the trend is showing no signs of slowing down.

The Locked Room opened two more locations in 2016, again, with four rooms each, and had more than 110,000 participants.

"From what we've seen, from other cities, it's long lasting," said Hooda. "People on average do about two rooms a year, and there's plenty of selection. We've found that, until you hit the 30-game mark, it doesn't drop off in excitement."

But where escape rooms offer a new challenge with every room, Calgary's sharpest entertainment option, axe throwing, brings forward the same challenge, but more refined, each time.

AXE THROWING

Axe Throwing Calgary opened its doors in 2016 and focused on cultivating an upbeat and lively atmosphere. It seems quirky and niche, but Axe Throwing Calgary has a full league running, and found itself becoming a unique draw in the corporate sector.

"A lot companies book for team building, and we get a lot of referral business because of that," said manager Tiffanee Ford.

"Obviously, we're a small and new business, but we definitely did well. We did face challenges with the economy, but our first year was a success."

Now, axe throwing is on its way to become the next bowling for Calgarians.

For the less physical, there's always beer and board games.

BOARD GAME CAFES

Until December of 2015, it didn't exist in Calgary.

That all changed with the launch of Pips in Marda Loop, which was swiftly followed by several competitors like Boxcar, Metal Galaxy and, most recently, Hexagon in Kensington.

Randy Wong, co-owner of Hexagon, said they're becoming such a popular option for Calgarians because they can be cheaper than going to the movies and allow for face-to-face interaction.

Shea Ashbee, co-owner of Pips, said business remained consistent even through the summer — so it's not just something to do when it's cold out. From date nights to birthdays, corporate events and more, Pips draws a diverse crowd. Ashbee attributes much of their success to a surge in Euro-style board games, like Settlers of Catan — Calgarians are ready to try something new.

A NEW YEAR

The future is looking up for all entertainment businesses. Pips is expanding their basement to double their table space.

Axe Throwing Calgary is looking to expand in Winnipeg.

And the Locked Room is working on a new alien-themed room, while also focusing on a brand new, archery-meets-dodge-ball business.

In all, 2017 looks like it will be pretty fun.

Tenants face carbon tax fee

ENVIRONMENT

Company says money will go for building upgrades

Brodie Thomas
Metro | Calgary

A Calgary property management company says it's attempting to improve energy efficiency as it asks renters to pay a monthly $17 carbon tax fee on top of rent.

Craig Orchard, director of operations with Omega Properties, said the fee will be added to all new leases at their Riley Park Tower property. Current renters won't see the fee until their lease is up for renewal.

"We didn't want to just add it back onto our rent and make it something people can negotiate," said Orchard.

Omega arrived at the $17 by looking at the gigajoules of natural gas their property burned last year, and multiplying that by the $1.011 the carbon tax adds per gigajoule.

They then divided the added cost of the carbon tax between the building's 250 units, bringing them to the $17 total.

Orchard noted that for a household that will receive a $200 rebate, that $17 would not break the bank over the course of the year.

The province says the average single adult will get a $200 rebate.

Orchard said the fee they collect will not be lumped in with the rental income but will instead go into a green fund for building upgrades.

"Before the NDP was in power — we were taking steps to make things more efficient," he said, noting they replaced all the buildings lights with LEDs.

"It would've been really nice if we had a carrot from the government in terms of rebates for energy efficient equipment," said Orchard.

Gerry Baxter, executive director of the Calgary Residential Rental association, said the landlords he represents haven't spoken a lot about how they will recoup their costs on the new tax, but they have noted the inequity of the system's structure.

"The landlords aren't entitled to rebates," said Baxter. "The tenants who live in the building, many of them whose rent would include the utilities, will get a rebate."

Tenants at Omega Property's Riley Park Tower will face a $17 carbon tax fee on top of their rent when their leases come up for renewal. ELIZABETH CAMERON/FOR METRO

> **The landlords aren't entitled to rebates. The tenants who live in the building will get a rebate.**
> Gerry Baxter

SEXUAL VIOLENCE

Students hail new policy

Helen Pike
Metro | Calgary

Tackling consent, sexual violence and how to get help: the University of Calgary's new sexual violence policy is being hailed as a "student friendly" approach by student leaders.

The drafted policy is online for the U of C community to critique for 30 days while other campus stakeholders review it. Eventually, a version of the policy will be implemented, but provost Dru Marshall said it's not a rushed process; she wants to get it right.

"This is probably one of the number one issues on North American campuses right now," said Marshall. "We want to make sure we get it right, not necessarily do it quickly."

Student organizations like the Canadian Alliance of Student Associations (CASA) have been asking for standalone sexual assault policies, ones that detail specific definitions and mandates to collect data. This draft policy by the U of C seems to fit the bill — there's a section detailing how data could be collected and used for "community education," without disclosing any personal information.

"Having a more honest picture of the data for campuses, I think that's a very progressive step," said SU student life vice-president Patrick Ma.

Marshall noted this policy is only part of a much broader strategy on sexual violence and harassment.

"I anticipate that with this type of policy we would see an increase in reporting," said Marshall. "The intent is to make it easier for people who have experienced sexual assault or sexual violence to report these kinds of things."

FUNDING

Crime Stoppers not sure of survival

Lucie Edwardson
Metro | Calgary

As Calgary Crime Stoppers prepares to celebrate their 35th anniversary of helping curb crime and catch criminals in our city, a lack of financial support from corporate sponsors has them wondering if they'll make it to year 36.

Calgary Crime Stoppers president Curtis Dyck said they've seen a downward trend in their financial support since the collapse of the oil and gas market. He said without any luck they've headed back to the drawing board, trying to find new ways to generate the $150,000 it takes to run the program annually. Without appropriate funding, Dyck said Crime Stoppers will struggle.

"In a worst-case scenario, if we don't have money coming in, the program can't operate."

Cabinet shuffle: Who's in and out

Justin Trudeau promoted many up-and-coming MPs on Tuesday as part of a shakeup aimed in part at preparing for a Trump presidency THE CANADIAN PRESS

Foreign Affairs

CHRYSTIA FREELAND leaves the trade portfolio to replace veteran Liberal MP **STEPHANE DION**, who announced Tuesday that he plans to leave active politics. Freeland is a cabinet superstar, credited with navigating through the Canada-European Union free trade agreement — potentially valuable experience for dealing with the incoming Trump administration.

PM Justin Trudeau holds a press conference as he's joined by his newly sworn-in ministers. THE CANADIAN PRESS

Immigration

AHMED HUSSEN, a Somali-born rookie MP in Toronto, is taking over the immigration portfolio from **JOHN MCCALLUM**, who is leaving politics to become ambassador to China.

Labour

PATTY HAJDU, who shone as status of women minister, is taking over the labour portfolio from **MARYANN MIHYCHUK**, who is being dumped from cabinet altogether.

Democratic Reform

KARINA GOULD of Burlington, Ont., takes Democratic Institutions from **MARYAM MONSEF**. Monsef — criticized for her handling of Trudeau's promise to reform the voting system — is moving to replace Hajdu at Status of Women.

International Trade

FRANCOIS-PHILIPPE CHAMPAGNE, a Quebec MP, takes on the international trade portfolio following the promotion of Chrystia Freeland.

Courtney Gelinas holds tight to her stuffed bear Rufus. THE ASSOCIATED PRESS

FORT LAUDERDALE

Canadian 10-year-old gets her teddy bear back

Yards from where workers finished the cleanup from the Fort Lauderdale airport shooting, a girl was reunited Tuesday with the teddy bear she left behind while fleeing.

Courtney Gelinas, 10, smiled as Fort Lauderdale-Hollywood International Airport spokesman Greg Meyer opened the trunk of his SUV to reveal Rufus, the teddy bear the Windsor, Ont., fifth grader had received from her dying grandfather a decade ago. When Meyer handed her Rufus, she held the bear tight.

Courtney was with her parents and siblings and about to board a plane home when officials say Esteban Santiago fatally shot five people one floor below them Friday. Rufus, a brown bear dressed in a red devil costume, was left behind as the family fled onto the tarmac with hundreds of others. Her mother, Kim Lariviere, said Courtney has not slept well since.

"It is exciting and I am happy to have him back," the bashful girl said as she pressed against her mother's legs.

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‘The future should be ours’

President Barack Obama arrives at McCormick Place in Chicago on Tuesday.
NAM Y. HUH/THE ASSOCIATED PRESS

POLITICS

Obama gives tearful farewell address as era of Trump looms

Conceding disappointments during his presidency yet offering vigorous encouragement for the nation’s future, U.S. President Barack Obama issued an emotional defence Tuesday night of his vision to Americans facing a moment of anxiety and a dramatic change in leadership.

Obama’s valedictory speech in his hometown of Chicago was a public meditation on the trials and triumphs, promises kept and promises broken that made up his eight years in the White House. Arguing his faith in America had been confirmed, Obama said he ends his tenure inspired by America’s “boundless capacity” for reinvention, and he declared: “The future should be ours.”

His delivery was forceful, but by the end he was wiping away tears as the crowd embraced him one last time.

Reflecting on the corrosive recent political campaign, he said, “That potential will be realized only if our democracy works. Only if our politics reflects the decency of our people. Only if all of us, regardless of our party affiliation or particular interest, help restore the sense of common purpose that we so badly need right now.”

He made no mention of Donald Trump, who will replace him in just 10 days. But when he noted the imminence of that change and the crowd began booing, he responded, that one of the nation’s great strengths, “is the peaceful transfer of power from one president to the next.”
THE ASSOCIATED PRESS

CLAIMS DENIED

Social media lit up Tuesday with unverified allegations of a sexual nature regarding Donald Trump, including a claim that the Russians possess a recording. Trump denied the rumours, tweeting: “FAKE NEWS — A TOTAL POLITICAL WITCH HUNT!” METRO

CHARLESTON, S.C.

Unrepentant Dylann Roof sentenced to death

Dylann Roof was sentenced to death Tuesday for fatally shooting nine black church members during a Bible study session in Charleston, S.C., becoming the first person ordered executed for a federal hate crime.

A jury deliberated for about three hours before returning with the decision, capping a trial in which the 22-year-old avowed white supremacist did not fight for his life or show any remorse. He served as his own attorney during sentencing and never asked for forgiveness or mercy or explained the massacre.

Hours earlier, Roof threw away one last chance to plead for his life, telling jurors: “I still feel like I had to do it.”

Dylann Roof
ASSOCIATED PRESS

Every juror looked directly at Roof as he spoke for about five minutes. A few nodded as he reminded them that they said during jury selection they could fairly weigh the factors of his case. Only one of them, he noted, had to disagree to spare his life.

“I have the right to ask you to give me a life sentence, but I’m not sure what good it would do anyway,” he said.
THE ASSOCIATED PRESS

Mom loses four kids at Berlin train station

A woman from Peru lost all four of her children at Berlin’s main train station Monday after briefly turning her back on them to buy a ticket.

German police said Tuesday that the tearful mother approached officers, who were able to find two of the children wandering around the station. A third turned up at another station in Berlin.

The fourth child, aged 3, was discovered by a conductor on a high-speed train.
THE ASSOCIATED PRESS

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Music clubs losing fight to stay open

GOING OUT

Technology and changing tastes threaten music hubs

Mike Campbell didn't want his Carleton Music Bar and Grill venue in Halifax to join the growing list of Canadian musical haunts forced to close.

The former co-host of MuchMusic's 1990s series Mike and Mike's Excellent X-Canada Adventures tried everything, including a crowdfunding campaign to save the Carleton.

Technological trends, changing listener tastes and a challenging business model are threatening the dedicated performing spaces once home to young hopefuls and grizzled veterans.

Toronto's Hugh's Room became the latest to join the death-watch list when its owner Richard Carson abruptly closed the venue last week to weigh his options. The restaurant and music venue opened in 2001 as a stage for both local and international performers.

Other similar money-losing music hubs have seen their hopes dashed in recent years.

While it's impossible to pinpoint a single reason for why Canada's smaller concert stages are under so much pressure, there are a few recurring challenges. For one, audience habits have significantly changed, Campbell suggests.

A few years ago it would've been common to hit up a pub for drinks before heading to a nightclub, he says, but now many people favour pre-drink gatherings at home. Or, in the social media age, they may not meet in person at all.

THE CANADIAN PRESS

The Carleton Music Bar and Grill in Halifax joins a growing list of Canadian musical haunts forced to close. THE CANADIAN PRESS

INFRASTRUCTURE

Promised spending slow, watchdog says

The Trudeau government may fall short of spending all the money it planned to devote to infrastructure in the first year of its mandate, says a new analysis released Tuesday by the federal budget watchdog.

The parliamentary budget office found that some of Ottawa's planned infrastructure investments failed to materialize in the first half of 2016-17 and it warned a chunk of the cash may have to be spent in the future.

$2.5 billion

Worth of projects that have been approved, as posted on the Infrastructure Department's website on Tuesday. However, this total did not reflect how much had been spent.

"There is a growing risk that money the government originally expected to be spent in 2016-17 will be deferred to subsequent years," said the report by parliamentary budget officer Jean-Denis Frechette.

A delay in government spending could affect the timing of the investments' primary objective: to help lift the country's slow-growth economy.

In last year's budget, the government projected infrastructure spending to boost real gross domestic product — a measure of economic growth — by 0.2 per cent this year and 0.4 per cent in 2017-18. It's unclear whether a spending delay would have an impact on growth in 2016-17.

Frechette's report said Ottawa's budget and fall economic statement both laid out plans to transfer $3.5 billion in new federal infrastructure money this year to other levels of government.

But it added that federal transfers made by the Transport and Infrastructure departments over the first half of 2016-17 dropped by $100 million compared with the year before.

THE CANADIAN PRESS

REAL ESTATE

Pace of housing starts picks up, says regulator

Canada Mortgage and Housing Corp. says the annual pace of housing starts in December came in at 207,041 units, up from 187,273 in November.

Regionally, the annual pace of urban starts in December increased in Ontario, Quebec and the Prairies, but decreased in British Columbia and in Atlantic Canada.

THE CANADIAN PRESS

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metro VIEWS
Your essential daily news
Wednesday, January 11, 2017

JESSICA ALLEN ON THE HISTORY OF THE GOLDEN GLOBES

Streep may have undermined herself by making her principled stand at an event whose sponsoring organization is not exactly a paragon of principle.

Almost everyone was fair game for Twitter-borne Snark during the Golden Globes on Sunday: Al Roker, who called Jessica Biel "Jessica Alba"; Jenna Bush, who mashed together the Hidden Figures and Fences to create "Hidden Fences"; and Tom Hiddleston, whose out-of-touch acceptance speech felt longer than his relationship with Taylor Swift.

But Meryl Streep, who delivered a rousing six-minute oration while accepting the Cecil B. DeMille Award, was off limits — save, of course, for the nameless object of her vitriol.

Even now, to criticize Streep would be to commit media hara-kiri. So here goes.

It wasn't her message, that those in power ought to refrain from bullying. It wasn't her call to support the press. It wasn't even when she referred to the room as representing the "most vilified segments in American society right now," although that was a bit rich.

It was that Streep made a principled stand at an event whose sponsoring organization — a group of 90 shadowy, ostensibly foreign reporters who are required to have permanent residences in Southern California — is not exactly a paragon of principle.

I'm talking about the Hollywood Foreign Press. Like nearly every person who's ever accepted a Golden Globe, Streep thanked the association, which according to a 2010 piece by the Toronto Star's Peter Howell, was created in 1943 "by eight foreign journalists living in Hollywood, who were frustrated by their lack of access to top stars."

"They reasoned," Howell wrote, "that creating their own awards might turn things around, and that thinking paid off."

So well, in fact, that today studio publicists extend to HFPA members unfettered access to A-listers, usually in exotic locations, over dinner and drinks, while other critics and journalists are shut out.

Studio publicists extend to HFPA members unfettered access to A-listers while other critics and journalists are shut out.

Every year, the media writes scathingly of the association. Twenty-one years ago, the Washington Post reported that most members weren't full-time journalists but rather "part-time freelancers for small publications in places like Lithuania and Bangladesh, and include a college professor, a retired engineer, a man who runs an 'auto referral service,' and another who until recently sold appliances in Burbank."

Even bold-faced industry names speak out. "In 1993, director Rob Reiner complained to the New York Times about HFPA 'press conferences' that were nothing more than glorified photo-ops for its members," Richard Roeper reported in his 2005 book, Schlock Value: Hollywood at Its Worst.

More recently, in December, the Hollywood Reporter noted that HFPA asked members — there are four Canadians on the list, whose bylines I didn't recognize and I struggled to find any meaningful and recent work of theirs online — to return expensive bottles of Tom Ford-branded perfumes they were sent promoting the designer-turned-director's film Nocturnal Animals. One HFPA member refused a miniature wedding cake crowned with an interracial couple that Focus sent him to promote the film Loving. "I can't come home from a long day at the Four Seasons (attending press junkets and screenings) to find decaying food on my doorstep," he told THR. "I can't even tell you how many bottles of cheap wine I've gotten this year. The alcohol tends to come from the foreign films, which send stuff from their country."

Meryl Streep speaks while accepting the Cecil B. DeMille Award at the Golden Globe Awards in Beverly Hills, Calif., on Sunday.
THE ASSOCIATED PRESS

So why, asked Roeper, are the Golden Globes "taken so seriously when the voting is done by approximately ninety cliquish, junketeering entertainment reporters who have to produce only a handful of articles per year in order to remain in good standing with the HFPA?" Because as the entertainment press constantly tells us that the Globes "are like the primaries to the Oscars' general election, the Globes' stock just keeps on rising."

To be clear, it's not that the HFPA always gets it wrong. A few times over the last decade, they've awarded films with more staying power than the Academy did — think The Social Network vs. King's Speech, for example, or The Descendants vs. The Artist. But they're not even a particularly good indicator of what the Academy will choose. The Producers Guild Awards and the Critics Choice Awards are much better predictors, both having chosen the same best-picture winner as the Academy eight times over the last 10 years.

So why doesn't the Academy, some 6,000 members strong, take the bull by the horns? Last year, Oscar voting wrapped up two days before the Golden Globe winners were announced. This year they were extended until January 13 — five days after the Globes. I don't know. And I don't know why I care. No one else really does.

The only one who hinted at the hypocrisy on Sunday night was Viola Davis. When she accepted her award for best supporting actress in Fences, she dutifully thanked the Hollywood Foreign Press. And then she gave a hint at how the sausages are made: "This is my fifth nomination," Davis said. "I took all the pictures, went to the luncheon." She had to pause because the room erupted in knowing nods and chuckles.

"Been there, done that," they seemed to say.

Jessica Allen is the digital correspondent on CTV's The Social.

VICKY MOCHAMA

Salute to the outgoing Obamas — the world is finally yours

I'm so excited to see the Obamas out of office. It'll be so gratifying to see them free.

They haven't exactly announced their next steps, but if you look closely the hints are there. Barack recently published his 13th paper in an academic journal. (Which "peers" exist to peer-review a study by the president of the United States?) If academia doesn't work for him, he also recently served as a groomsman in the wedding of a White House staffer. Imagine being able to hire Barack Obama to be your groomsman. The Secret Service knows how to throw stag parties.

Michelle, too, could go in a completely different direction. She can rock couture like a fashion model and can out-dance the best video vixen. However, she seems genuinely to believe in serving the public. In her last public speech, she promised young people that she'd be there for them for the rest of her life.

Some people want Michelle to enter into politics slash lead the Rebel Alliance against Darth Donald. That won't happen for two reasons. First, she doesn't want to. Second, America doesn't deserve her! My god, the names that she's been called over the last eight years — it's a miracle she hasn't given up her citizenship for a Kenyan one just to troll Fox News.

When Michelle first said, "I wake up every morning in a house that was built by slaves," I knew she was a better person than I because I would have burned it down the day after Inauguration day. Michelle and Barack woke up every day and managed not to cuss out America. Just for good manners and restraint alone, they were the best First Family in living memory.

(Recall, for example, that the Clinton's pets were in a constant feud?)

After eight years living within the bubble of the White House, it will be great to see Barack and Michelle let loose a little. Mind you, it will be only by a smidge: they are still Ivy League-educated lawyers who just wrapped up two terms playing nice with Republicans.

It could be (almost) anything and I would be happy for them. Michelle could take up a corporate gig for the oil industry and I'd root for her. Barack could decide, as all the greats unfortunately do, to record a rap album and I would give it a four-star review on iTunes.

Personally, I want them to have a reality TV show. Obamas! Unleashed! It'll be like Keeping up the Kardashians but with guest appearances from Kofi Annan and the Pope.

The only joy to their farewells is knowing that soon we'll be saying hello to the real Obamas.

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THE WEDDING FAIR

How to make planning your big day a breeze

The question was asked — the answer was yes — now the wedding planning begins.

But where to start?

The list is long — from the wedding dress to tuxedos, to who will perform at the ceremony and where to go on the honeymoon — and more. You could spend days travelling around the city talking to wedding specialists, or you can wrap up all your planning in one single day at Calgary's marquee wedding event.

The Wedding Fair is the largest such event, not only in Calgary, but in all of Alberta, and it comes to the BMO Centre on Stampede Park on Jan. 15.

"Couples will find everything they need at the show to make their wedding the best ever," says Kathie James, executive producer of Calgary-based The Bridal Group of Companies, which puts on the show each year. "The Wedding Fair is designed to inspire couples, displaying the things they know they need and offering options they may not have thought of, to make their day extra special."

With more than 250 wedding specialists at The Wedding Fair, every aspect of planning a wedding is under one roof in the spacious BMO Centre.

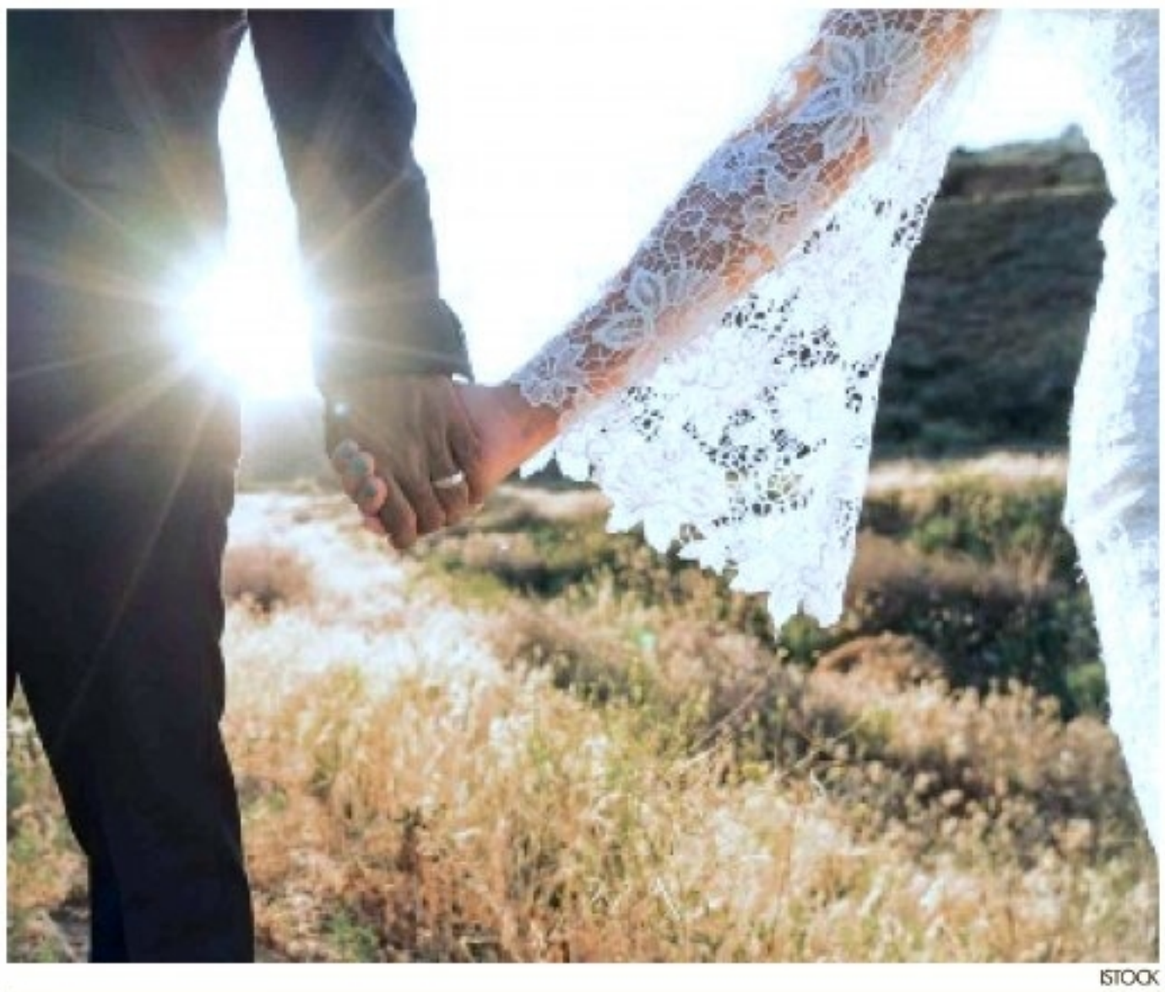
"It's an easy and convenient way for everyone involved in the wedding — the bride, the groom, bridesmaids, even the parents — to put together the perfect day," says James, adding the main attraction is the Aisle of Style fashion show, presented at noon and 3 p.m.

"We have all the major bridal fashion boutiques in Calgary showing what's new in bridal wear, men's fashion and two local designers showing their designs," she says. "With a live DJ on stage, it's fun, cutting edge, high energy and inspiring."

New this year at The Wedding Fair is a tabletop competition, showing inspiration for the reception.

"Calgary's top wedding designers are participating and designing tables that will spark creativity with endless ideas," says James. "Each design was inspired by Pinterest boards. Guests and can vote on their favourite look with the overall winner being announced and an award given at the end of the show."

The Wedding Fair Is the ultimate wedding planning experience!



ISTOCK

What you need to know

General admission to The Wedding Fair is $20 if purchased in advance and just $18 if purchased in advance online using the code METRO17.

You should allow at least three hours to take in all the exhibits, the fashion show and enjoy lunch in the Wedding Fair Lounge, or sip on a glass of champagne or mimosa while listening to live entertainment in the Special Events rest area.

Bring a list of the products and services you are shopping for. The Wedding Fair provides a preview of vendors on their website so you can add must-see suppliers to your list.

To learn more, visit theweddingfair.ca.

You can be a winner at The Wedding Fair

The very second you enter Wedding Fair at BMO Centre, you'll know you made a great decision. The beautifully decorated welcoming hall will enthrall you and when you enter the main hall, you'll be caught up in the energy.

Adding to the excitement is a chance to win more than $50,000 in prizes, from honeymoon trips to receptions to free entertainment and much more.

Here are just a few of the prizes:

- A trip to the Occidental at Xcaret Destination in Mexico from Marlin Travel on Elbow Drive, valued at $5,000. This resort is located adjacent to the spectacular, breathtaking natural wonder of the Eco-archaeological Xcaret Park in the heart of Riviera Maya, minutes from Cancun and renowned Playa del Carmen.
- Up to $5,000 towards your wedding at the Radisson Hotel and Conference Centre.
- One of three free wedding receptions from Pez Productions, valued at $4,500 each. You'll receive full services, including sound for up to 150 guests, wireless mics for speeches, party lights and your choice of music.
- A one-week trip to London and Paris from UNIGLOBE One Travel valued at $4,000. Fly from Calgary to London then on to Paris and back to Calgary. Includes hotel and round-trip transportation between the airport and hotel.
- A one-week honeymoon vacation all-inclusive for two at the Melia Marina Varadero, courtesy of WestJet Vacations, Melia Marina Varadero and Tier One Travel. Prize package includes round-trip air, round trip transfers and one-week accommodation.
- A weekend on the water from WaterWay Houseboat Vacations, valued at $3,920. Spend a three-day weekend or four days midweek aboard the Genesis 75 houseboat, available in the spring of 2017.
- It's more fun with your boots on at Cowboys Dance Hall. Win the ultimate stagette party valued at $3,000. Includes VIP seating and table service, VIP limo to Cowboys and back, fun stagette items, interactive scavenger hunt, swag bags valued at $100 minimum each and a complimentary bottle of champagne.
- A bachelorette spa getaway for you and up to five of your gal pals from the Banff Lodging Company at the Banff Caribou Lodge and Spa, valued at $1,800.

ISTOCK

Some prizes carry terms and conditions.

For a complete list of prizes, go to theweddingfair.ca/prizes.

A

- 3% Realty
- Alberta Motor Association
- Allied Entertainment Ltd
- Aloft Calgary University
- Alpine Catering
- AM PM Limo Inc.
- Ambassador Limousine
- Andras Schram Photography
- Apple Creek Golf Course
- Arbonne
- Arts Common
- Arty Sych
- Away U Go Destination Weddings
- Azuridge Estate Hotel

B

- Banff Norquay
- Barcelona Tavern
- Bayshore Inn Resort & Spa
- Beachbody
- Bed, Bath and Beyond
- Bellstar Resorts
- Best Western Village Park Inn
- Beyond Cake
- Big T's BBQ
- Black & Lee Tuxedos
- Blaylock Mansion
- Blissful Bridal
- Boudoir Rouge
- Boulevard Travel
- Bow Valley Ranch/Meadow Muse
- Bra Topia
- Brewster Travel Canada
- Bud Moore Photography
- Burnt To Order
- Bust Loose Party Buses

C

- Cakes With Attitude
- Cakeworks
- Calgary Bridal Alliance
- Calgary Bride
- Calgary Exhibition & Stampede
- Calgary Firefighters
- Calgary Marriott Downtown
- Calgary Zoo
- Cameo & Cufflinks
- Canadian Rocky Mountain Resorts
- Castle Mountain Resort
- Celebs Photobooth
- Chair FlairLinen Rentals & Wedding Decor
- christina (plus) nathan photography
- Civic on Third
- Clarion Hotel and Conference Centre
- Clique Hotels & Resorts
- Coast Canmore Hotel & Conference Centre
- Coast Plaza Hotel & Conference Centre
- Cochrane Ranchehouse
- Concorde Group
- Confetti Florist
- Confidental
- Copper Point Resort
- Cornerstone Theatre
- Coutts Centre for Western Canadian Herita
- Couture La Fleur

C (CONTINUED)

- Creative Edge Flowers
- Creekside Villa
- Croatian Canadian Cultural Centre

D

- David's Bridal
- Deer Valley Florist
- Delta Calgary South
- DermaLase Med Spa
- DeVuono Photography
- DewDat Productions Corp
- Downunder Travel Ltd

E

- East Village Dental
- Eau Claire Oil & Vinegar Bar
- Ed Williams Mens Wear
- Edward Ross Photography
- Eliee Garcia
- Eph Apparel
- Eternal Health & Wellness
- Ethos Bridal Group
- European Couture Studio
- Event Msg
- Eventful Planning
- Events Your Way
- Ever After Bridal & Formal
- Everlasting Impressions
- Everthine Bridal Consignment Boutique
- Executive Royal Hotel
- Expressive Events and Decor

F

- f8 Photography Inc.
- Fabulous Functions Ltd.
- Fabutan/Hush Lash Studio
- Fairmont Hot Springs
- Fairmont Palliser
- Family Freezed
- FE Events Inc./Forever Enchanting
- Fernie Alpine Resort
- Fifth Avenue Collection
- Flaman Travel
- Flavours Catering
- Flight Centre Kensington
- Four Points by Sheraton Calgary West
- French Braiding
- Fuller Edge Photography
- Fun Factory DJ Service
- Fusion Bollywood

G

- Geoff Wilkings Photography
- Glacier Park, Inc.
- Glass Stone Cinema Ltd
- Glenmore Inn & Convention Centre
- Glimpz Invitations
- Go Tattless Calgary SE
- Good Life Fitness
- Great Events Catering
- Great Events Rentals
- Grey Eagle Resort and Casino

H

- Hair Booth
- Heninger Photography
- Heritage Park
- Highland VIP Group
- Hillberg & Berk
- Hilton Garden Inn & Homewood Suites Downtown Calgary
- Holiday Inn Macleod Trail South
- Home Outfitters
- Hudson's Bay
- Hype Entertainment

I

- Infinite Images

J

- Jamberry
- Joanna Bisley Designs
- Justine Milton Photography

K

- Kanue Productions
- Kent of Inglewood
- Kitchen Charm Canada Ltd.
- Knickers 'N Lace
- Knot Your Wedding
- Knowledge First Financial
- Knox United Church
- Kristi Sneddon Photography

L

- Laura George
- Lemon Heaven
- LipSense by Senegence
- Lovesky Design Inc.
- Lucy Loo
- Lynn Fletcher Weddings Inc

M

- Magnum Fireworks Ltd
- Manteo Resort Waterfront Hotel & Villas
- Maritime Travel

M (CONTINUED)

- Marlin Travel
- Marriage Commissioner Calgary
- MBB Videography
- Megan Sawchuk Weddings
- Michelle Suffolk Walsh Hair & Makeup
- Milky Way Films
- Millican Ogden Community Association
- Mira Pucchi Maquillage Inc.
- Monat
- Moores Clothing for Men
- Mountainscape Weddings

N

- Nerium International

O

- Occasional Bloom
- Oliver & Bonacini Events and Catering
- One Nite Band
- One Time Shot Photography
- Origami Owl Custom Jewelry
- Pal Insurance Brokers Canada

P

- Pampered Chef
- Panorama Mountain Resort
- Paper Panache Invitations & Design
- Penny Lane Entertainment
- Pez Productions
- Pie Hole & Bakery Inc.
- PMG Image
- PrettyInMin.k
- Pure Romance

R

- Radisson Hotel Calgary Airport
- Rangeland Event Restrooms
- Red Events Designs
- Resorts of the Canadian Rockies
- Revolution Entertainment
- Rimrock Resort Hotel
- Rocky Mountain BBQ Catering
- Rococo Brides
- Rodan and Fields
- Romantic Planet Vacations
- Rork Hilford Marriage Commissioner
- Royal Lepage Benchmark
- Ruth's Chris Steak House

S

- SAIT
- Saltlik Steakhouse
- Sarah Pukin Photography
- Scentsy
- Shades of Sleep & Accessories Inc.
- Sheraton Suites Calgary Eau Claire
- Si Belle Salon
- Sirena Salon & Spa
- SnapShot Selfie Stations
- SohoHair Fashion
- Solatido
- Sonia's Bridal Studio
- Sounds Unlimited
- Spa Lady
- Special Event Rentals
- Split Circuit Sound DJ Service
- Spruce Meadows
- Starlite Sales & Rentals Ltd
- Stella + Dot
- Summerhill Pyramid Winery
- Sunshine Mountain Lodge
- Sweet Pea Floral Design
- Swirl Cakes
- Symphony Sweet Delights

T

- Tangerine
- Teatro Group
- Tech City Place
- The 888 Sold Team
- The Banff Lodging Company
- The Bridal Boutique
- The Bridal Centre
- The Dogfather
- The Fenlands/Town of Banff
- The Mou Studio
- The Sex Dojo
- The Social Page Design Studio
- Thobani Real Estate Advisor
- Thomas Jeffery Men's Wear
- TierOne Travel & Boardroom to Beaches
- Tip Top Tailors
- Tlaw Photography
- Travel Time Inc.
- Trena Laine Makeup Artist
- Troy Shoppe Jewellers

U

- Uniglobe One Travel

V

- Valentus
- Valley Ridge Golf Club
- Vespa Props

W

- Waterway Houseboat Vacations
- Waymarker Hospitality
- We Image
- Wedding Bells Magazine
- Wedding Finesse
- Wedding Vacations by Sunwing
- Whitefish Mountain Resort
- Winsport Canada
- World Health
- Wyndham Garden Calgary Airport

Y

- Young Hip & Married
- Yue Ko Image
- Yvonne's Delightful Cakes Ltd.

the

WEDDING FAIR

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Build your own party

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From wild to wacky to classy, from local pubs to Banff to Vegas — this party bus company can go anywhere, and do anything, for anyone.

"You just have to show up and party on our buses — we literally do everything else," says Dustyn Schroeder, Party Bus and Event Manager at Bust Loose, a full-service company famous for club crawls, stags and stagettes. "From booking entertainment, making reservations at the golf courses, spas, restaurants and clubs, to hosting and running the activities and entertainment itself.

"And we usually get our partner rates with these venues or trips," he adds, "so you end up paying less for the services."

Club crawls remain a top choice for party groups, and Bust Loose hosts help run the show — liaising with bar managers and security, running the extracurricular entertainment, looking after your crew and sending someone home safely if they're partied out.

But there's no limit to your big night — if you can dream it, they can plan it. Brewery tours, wine bars, pamper packages, axe-throwing, paintball, golf days, gun ranges, go-karting and nightclubs are all on the table. Just click on Build Your Own Party on their website and get started.

"Absolutely anything you want to do, we can get you there," Schroeder says.

Visit bustloose.com for more information.

Make your wedding vision a reality

BLACK STAR PHOTOGRAPHY; INSTANT MEMORIES PHOTOGRAPHY

Getting engaged is fun. Getting married even more so. But all the stuff in between is just a lot of work — research, lists, tours, sampling, calls and calendars.

Enter the wedding planner — a professional who exists solely to make your vision a reality, from ideas to actual execution.

"People are busy with their lives, they have their careers, their family life — they want to have the wedding of their dreams but not have to deal with the stress," says Megan Sawchuk, president and lead planner of Megan Sawchuk Weddings. "A wedding planner alleviates a lot of that burden."

Sawchuk's scalable services range from design and decor, to coordination leading up to the event, coordination on the big day itself, and a total package incorporating all of those elements.

Her coordination services are most popular, understandably, as couples may not necessarily have the time or energy to box-check every single item required into producing one of the biggest days of their lives.

"Clients want their day to be special and they want to go the distance for it," Sawchuk says, pointing out that there is often pressure — from family, friends, or cultural expectations — to have a large, fancy wedding.

"But you don't have to do that," she says. "My job is to really boil it down to what you want, and make it happen. I always keep the couple in mind."

Visit megansawchukweddings.ca or call 780-893-2808 for more information.

Once in a while,
right in the middle of an ordinary life,
love gives us a fairy tale.
- Anonymous

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Saying 'I do' in an all-natural paradise

Imagine saying "I do" surrounded by a landscape so ruggedly beautiful, it nearly took your breath away.

"Our outdoor wedding ceremony site has stunning views over the Columbia Valley and the Columbia River," says Nancy Hetherington, director of sales and marketing for Fairmont Hot Springs Resort in British Columbia. "If you turn behind you, the majestic Rocky Mountains also offer an incredible backdrop".

Surrounded by trees, mountains and open skies, "It's an all-natural setting; people just love it."

After the ceremony, the newly married can retire to one of the Resort's reception venues — the Mountain Chalet, the Mountainside Clubhouse or a selection of formal banquet rooms.

"The Mountain Chalet, up at our ski hill, is one of our most popular venues," Hetherington says. "It seats 170 comfortably. It's a rustic building with a lot of charm, vaulted ceilings, floor-to-ceiling windows and a large wraparound deck.

"I believe what our guests like most about the Chalet is that it's so secluded," she adds. "There is literally no one else around. It has a lot of character and spectacular views."

The Mountainside Clubhouse, resting on the immaculately landscaped grounds of the Resort's Mountainside Golf Course, seats up to 100 guests in an intimate space filled with natural light. "It also features beautiful views of the mountains and the Columbia Valley," Hetherington says.

Lodge banquet rooms also offer couples more affordability and flexibility — they can accommodate reception parties from 10 to 200 guests. "There are options for a variety of budgets and wedding sizes," Hetherington says.

Just a three-hour drive from Calgary, Fairmont Hot Springs Resort brims with every imaginable activity or amenity for a spectacular wedding event. An onsite, dedicated wedding coordinator streamlines the process for couples; a spa offers massages, manicures and pedicures; resort activities include kayaking, golf, hiking and natural mineral hot springs. If guests prefer to RV, they have the option of staying at their highly rated RV Resort — conveniently located on the Resort grounds.

"We still have some availability remaining for April, May and June," Hetherington adds.

Visit fairmonthotsprings.com for more information.

Arrive in style

"It's not about where you're going, it's about how you get there."

As Ambassador Limousine Service's official motto, the company promises its clients will enjoy the journey itself — and of course arrive in style.

"We've been in the area for just over 30 years now," says Sean Horvath, service and sales manager at Ambassador Limousine Service. "We help with between 140 to 260 weddings per year — for those popular wedding dates, we have done five or six weddings in one day."

All of this popularity and longevity points to Ambassador's expertise, options and level of service. Their fleet of vehicles include "all the latest and greatest", they have options for a variety of budgets, and all of their service staff — from reservations to chauffeurs — receive special hospitality training.

And, last but not least, their limousine service was recently chosen by a wedding that was later voted the "Best Wedding in the World" by a special event conference.

Horvath encourages couples to go limo-shopping in the same way they would pick out any other aspect of a wedding.

"I invite people down to take a look at our vehicles every time, simply because you're able to actually see it, to fall in love with it," he says. "A picture online is a wonderful thing, but it's not the be-all and end-all."

Visit thecheckergroup.com/limo/ or call 403-299-4910.

CONTRIBUTED

CAPTURING THE HAPPIEST DAY

CONTRIBUTED

Photographers sometimes end up doing weddings as an additional source of income — but for Eduard Rotiloiu, weddings were his focus from the start.

"I'm a romantic at heart and I love being around happy people and happy events," he says. "And there is no other day happier in people's lives than their wedding day. I want to capture those special moments and make their day last forever."

Details, scenes and moods — Rotiloiu captures all of these fleeting impressions in his unique style, which he describes as "romantic with a vintage flair". Rotiloiu says his favorite moments are sometimes the unexpectedly poignant ones.

"In the morning, when I arrive at the bride's house, you can feel the happiness in the girls' room where they're getting ready with their hair, make-up and everything else," he says. "But then, I walk into the kitchen where parents are sitting quietly, having their coffee with mixed emotions or even tears in their eyes seeing their daughter happy to start her new life.

Eduard forms a close bond with each couple — a connection, he says, that allows him to "make their vision, and their love come to life."

For more information, and to meet Eduard in person, visit him at The Wedding Fair and mention this article. He will be more than happy to meet and talk to you. You can also visit onetimeshot.com or call 403-861-2354.

THE WEDDING FAIR

Sunday, January 15, 2017 • 9:30 am – 5:00 pm
BMO Centre • Stampede Park • THEWEDDINGFAIR.CA
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Protection against wedding day volatility

ISTOCK

It's human nature to avoid unpleasant topics or nightmare scenarios — planning for a wedding is stressful enough, without also planning "what ifs" for things going wrong.

But despite months of research and organizing and booking, things still go wrong, says Amber Morrison-Givens. As the marketing director for PAL Insurance Brokers Canada, Morrison-Givens sees firsthand the immediate reactions of brides- and grooms-to-be about the concept of insurance.

"People see 'wedding insurance' and they are averse to the idea." she says. "They think it's for cold feet — which Weddinguard does not cover — or for things that would never happen to them. But the truth is, we get claims on weddings a lot.

"Photographers don't show up, the venue goes bankrupt, the bridal shop burned down — only after hearing these stories, people start realizing, these things can and do actually happen."

The volatility of these events is the reason why PAL Insurance developed the Weddinguard insurance policy. This insurance may cover the bride and groom for up to a year in advance of their wedding date, and coverage spans over three 24-hour dates — for example, the rehearsal dinner, the ceremony and reception day, and the gift-opening day.

"We find lost deposits and the coverage for the non-appearance of the photographer or caterer to be quite common," says Matt Taylor, general manager of PAL Insurance Brokers Canada. "The Weddinguard policy would also cover the extra expenses if they had to, last-minute, hire a new photographer. If their first photographer doesn't show up, or becomes ill, obviously the expenses are going to be quite a bit more to hire someone on short notice, versus booking months in advance."

The 2013 floods in Calgary, the Fort McMurray wildfires — these disasters wreaked havoc on everyday lives, and thousands of dollars were lost in event cancellations as venues and companies weren't able to operate. But sometimes wedding service providers close simply for financial problems, leaving many couples adrift.

"A bridal store in Saskatoon recently closed down quite suddenly, and it was a shock to everybody," Morrison-Givens says. "They didn't supply wedding dresses that people ordered. It just happens — businesses can have financial difficulties or other problems and they often don't tell their clients about those potential problems.

"If those brides had a Weddinguard policy, depending on which level of coverage they chose, they could have made a claim to get a new dress."

Visit palcanada.com for more information.

PROVIDING THE BEST PEACE OF MIND

Think of wedding insurance as a security system. It protects your time and money and, most importantly, your peace of mind.

"The average Canadian wedding now is about $40,000, which is unbelievable," says Amber Morrison-Givens, marketing director for PAL Insurance Brokers Canada. "With the amount of money, time and effort that goes into planning a wedding, a Weddinguard policy provides the best peace of mind."

Weddinguard policy packages range from Silver, Gold, Diamond and Platinum — the primary difference being the coverage limits — and these policies travel with you, if you leave the country for a destination wedding (with a few restrictions, depending on the location). Customizing is common as well; couples can contact their insurance broker or PAL to discuss their specific needs.

In some cases, insurance isn't just "nice to have" but in fact a requirement for certain venues — such as community centres or churches — with or without alcohol being served during the reception. Host Liquor Liability is built into the Weddinguard insurance policy for that reason.

"We're starting to see more and more venues are requiring this type of coverage," says Matt Taylor, general manager of PAL Insurance Brokers Canada. "And we do sometimes see a miscommunication between the clients renting the venue and the venue themselves. In past years, they might have assumed that if something happened the host would be covered under their venue policy, but that's not always the case."

ISTOCK

Not having liquor liability coverage is risky in groups that are drinking, Taylor explains. If guests slip and fall due to intoxication, or someone who's impaired ends up driving and injuring someone, the liability "could extend back to the host of the event."

Visit palcanada.com for more information.

For more information

The Weddinguard insurance policy by PAL Insurance Brokers Canada can be fully purchased through an insurance broker or directly and issued online.

Couples can obtain a Weddinguard policy from their insurance broker or they can visit palcanada.com, click through the forms, pay online, and the insurance policy is activated and issued immediately.

Some clients will want the policy customized, say, for increased coverage on certain aspects of the insurance. In that case, clients can call or email and the policy, limits and premiums can be modified for their needs.

Event liability insurance can also be purchased for events that may precede the wedding itself, such as engagement parties, stag and doe's, and so on.

Happy wedding day! What to do before (and after)

CONTRIBUTED

What's the best way to make your wedding special? Elevate your union and pick a location like Sunshine, where everyone gets to really enjoy the moments. You and your guests will get to celebrate one of the happiest days of your life with lots of time to connect at the ceremony and reception, over hot chocolate by a fire and even a brunch the next day if you like.

Pick the right spot: "One of the things that's so great about a wedding at Sunshine is that it brings all your family and friends together," says Leah Fay of Sunshine Village Ski and Snowboard Resort. "You'll have lots of time with everyone."

Celebrate over a weekend: That's because most people will stay for a few nights, so there's lots of time to enjoy everyone's company. "Often, the celebration starts the night before. After guests check in and have a meal, there's a private bonfire under the stars with s'mores and hot chocolate so people can hang out," says Fay. And while the couple get photos taken, guests can enjoy a welcome reception, sipping Prosecco and enjoying refreshments on the patio.

Get organized: A little prep and organization goes a long way to ensuring a fun day. Organize accessories, decorations and any other items in bins for easy transport to the venue, and arrange to send them up early. Organize a list of shots for the photographer and must-play tunes for the DJ. Hand your phone over to a friend or family member on your wedding day, they can handle the calls or texts. Ask your sister or a bridesmaid to pack up wedding gifts to take home.

Plan something fun: "Sometimes a couple will come up a day early and do some skiing, hit the hot tub and even book a few massages," says Fay. Getting outside and getting a little exercise before the wedding goes a long way toward feeling good, she adds. "It's hard to be stressed when you're in a place surrounded by natural beauty."

Do a brunch the day after: If you can, organize a brunch for the next day. "It's a nice way to say your good-byes to guests instead of having to do that on your wedding night," says Fay, "Some people travel a long way to come to your wedding, so if you can extend it a bit, then you can hold on to the joy a little longer and take all the happiness home with you."

Why wait till summer? Think about a winter wedding

Winter weddings are truly special: they're cosy, romantic and unforgettable, especially if you celebrate at a snowy resort in the mountains. "Sunshine Village is one of the most beautiful places for a winter wedding," says Leah Fay of the resort.

Bonus – you can celebrate the nuptials in a way that you just can't do in the summertime. "There are so many activities, people can go skiing, sit by a fire or relax in the hot tub," says Fay. "Everyone gets very comfortable with each other, especially if they come up for the weekend – I don't know what it is, but it's almost magical."

And, with scenic views all around the resort, it doesn't take much to decorate. With such a spectacular backdrop, all you really need are a few simple centrepieces. An easy DIY option is to spray-paint lanterns with votive candles inside and use these as centrepieces instead of flowers for low-cost instant ambience. "One couple had an all-white colour scheme – it was absolutely breathtaking!" says Leah.

The best part? "It's just a more relaxed vibe," says Leah. "Everyone is here because they want to be, having fun in snowsuits, gloves and mitts while they toast the couple outside – it's truly an memorable celebration in the wintertime." For more information, visit sunshinemountainlodge.com or visit the booth at the Wedding Fair.

CONTRIBUTED

CONTRIBUTED

It's your wedding: do what you want

Congratulations, you're tying the knot! And there are so many options available now, it's easy to customize the celebration. "Why not get everyone out to a unique location?" says Leah Fay of Sunshine Village Ski and Snowboard Resort. "The sky's the limit — the day can look however the couple wants it to."

In fact, Sunshine fits the bill perfectly — located in Banff National Park, the lodge provides breathtaking views. "As for dining options, we can do a sit-down dinner or create a buffet menu," says Fay. "We work with the couple to accommodate dietary restrictions, customs and traditions — there isn't much that we've had to say no to!" she laughs. In fact, one couple recently had an intimate evening, serving an eight-course tapas menu for 30.

Fay spends time getting to know each couple and offering ideas. For one couple who likes snowboarding, Leah suggested covering an old snowboard with white vinyl as a guest-book for friends and family to sign and leave their good wishes. "They'll have that forever, it's so special and they'll never forget the love on their wedding day," she adds.

MAJESTIC WINTER WONDERLAND WEDDINGS

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Imagine saying I do amongst breathtaking rocky mountain scenery in the heart of Banff National Park, a UNESCO World Heritage Site. Sunshine Village Ski and Snowboard Resort provides an exclusive alpine backdrop, drenched in exceedingly beautiful alpine views, and complemented by upscale accommodation and venues to ensure a picture perfect day.

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All Photos By: JM Photography

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Get your smile wedding-ready

What does a photographer always say before the camera clicks? "Smile."

"Our teeth may be the last things on our minds when overwhelmed with wedding planning," says Dr. Dwayne Kowalchuk, dentist and owner of ConfiDental, and a recent newlywed himself. "However, when your smile will be immortalized in everyone's memories, wedding photos, and social media — it's even more important to have a bright, beautiful smile as you walk down the aisle."

Consultations for your "smile makeover" should ideally take place nine months or a year in advance of the wedding date, Kowalchuk says. "Even fast treatments like high-speed braces need at least a few months to be completed."

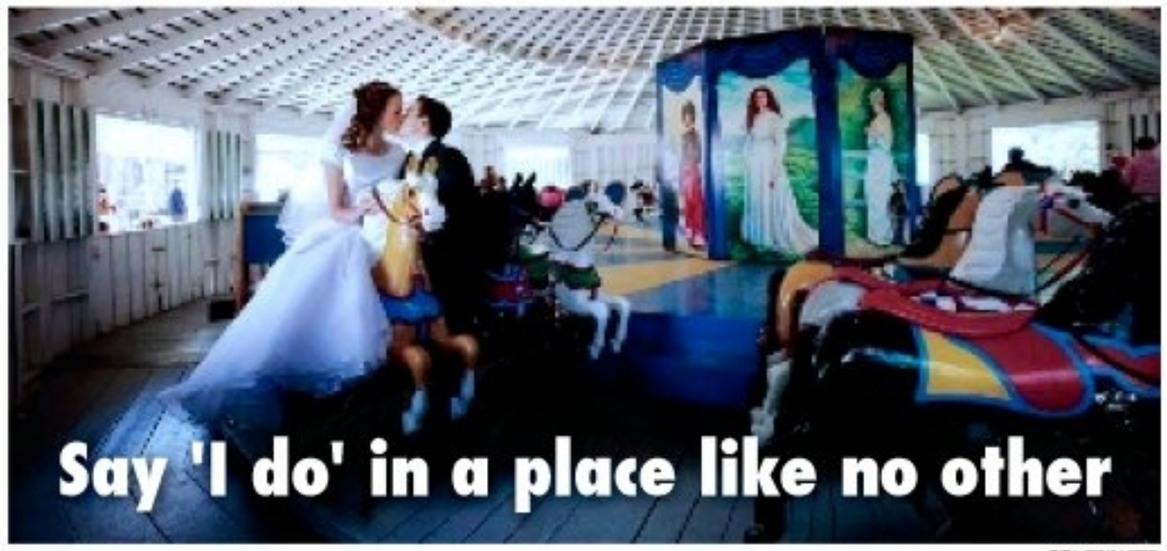
But for more basic services, such as cleaning or whitening packages, two weeks prior is enough. "This gives you enough time to get great smile whitening results," Kowalchuk says.

Special wedding promotions in 2017 include 2-for-1 Whitening Service, Bridal Botox Cosmetic special offer (for brides and their mothers) and a Wedding Party cleaning and whitening package. Everyone — friends and family, men and women, young and old — benefits from sparkling teeth on a special day known for big grins.

"Our goal at ConfiDental is to make people's lives better," Kowalchuk says. "Many people are too embarrassed or afraid to smile, because of the condition of their teeth. I believe that it's never too late to rejuvenate your smile."

Visit confidentalcare.ca for more.

Dr. Dwayne Kowalchuk recently celebrated his one-year anniversary with his wife, Mary.
CONTRIBUTED



CONTRIBUTED

What kind of wedding do you want? A garden party or a formal sit-down dinner? Cocktails on a boat? Rides on a midway? At Heritage Park Historical Village you can have it all. "We can accommodate any style, any taste and a variety of budgets," says Barb Munro of Heritage Park.

It's true. Heritage Park offers unique options you can't get anywhere else. From a romantic reception in a rustic old barn or dinner amongst the vintage cars of the museum to a garden wedding or an intimate celebration in a historical home, there are almost a dozen spots to celebrate.

The best part? "Our event planners make it easy, with great ideas and options for couples — and we give package discounts on the extras, too," says Barb. As for her favourite weddings, Barb loves the ceremonies on Calgary's only paddlewheel boat. "But it depends on what a couple wants," she adds, pointing out that guests can also get their thrills on the midway, take a ride in a horse-drawn carriage or enjoy treats from the ice cream parlour or candy store.

The park offers year-round weddings, as well: "We had three weddings this New Year's Eve," says Barb, "It was beautiful — the views are amazing, as the park overlooks the Glenmore Reservoir with the mountains in the background." For more information, visit their website at HeritagePark.ca or even better, visit their booth, 302, at the Wedding Fair.

Top wedding trends of 2017

A new year brings new ideas to the world of weddings. For couples wanting to sift through the constant change of what's hot, here are some trends on the rise in 2017.

ISTOCK

Going green

Adding greenery to different aspects of a wedding is taking off. Sometimes it's used on its own and other times in the florals, as table garland or lining the aisle.

Greenery adds a more organic vibe as the rustic feel is on its way out.

"It's very versatile and it adds a lot of lush, organic elements to weddings, it kind of makes a nice statement on its own," says Jennifer Bergman, of Jennifer Bergman Weddings in Edmonton.

Bold and bright

Brides are also moving away from some of the softer tones that have dominated over the past few years toward more bold colours and combinations.

Blush, gold and white will never go completely out of style, but now they're being paired with richer colours.

"We're combining that blush with deeper punches of burgundies or rich plums that kind of help to add that dramatic punch or a little bit of dimension."

More flexibility

There will be a decrease in intention and matching in the design of weddings, as brides move toward greater variety. This will not only involve less matching of bridesmaid's dresses to tablecloths, but the trend extends further to including several different styles of tables and centerpieces.

"They'll all co-ordinate, but they're a little unexpected and they add some interest to the design," says Bergman.

Destination Canada

Destination weddings are still popular, but due to the low Canadian dollar and concerns about the Zika virus, couples are looking for destinations in their own backyard.

"We've seen a huge shift away from going abroad and a lot of people are looking to stay closer to home," says Bergman. "Canada's so beautiful and we have so many cool places to go."

Among popular Canadian destinations are the Rocky Mountains as well as several locations in B.C., such as on the coast of Victoria and the Okanagan Valley area.

Giving back

A growing trend is couples who want to throw celebrations that are more about the guest experience.

"They're trying to make it less about themselves and more about just a celebration thank you to all the people that are important to them in their lives for supporting them in their relationship," says Bergman. "Which is a cool direction to go."

—JOHNNA RUOCCO

CONTRIBUTED

Foodie pairings make perfect wedding favours

Eau Claire Oil & Vinegar Bar is bringing foodie favorite pairings to this weekend's Wedding Fair in the form of unique, gourmet oil and vinegar match-ups.

It's a way for the newly-opened business to get word out about its downtown mall retail location — by offering pairings of interesting balsamic vinegars and infused olive oils packaged as favours to give out to wedding guests--and a nod to the trend of young couples and food lovers who enjoy experimenting with healthy, distinct ingredients in the kitchen.

Store owner Tara Piltingsrud said the movement toward healthy, natural foods and expanding consumer interest in new food combinations helped inspire her to open her business.

"We encourage a try-before-you-buy of the 46 oils and vinegars in the store," she said. "My favorite is a fig dark balsamic vinegar paired with a garlic infused olive oil. They're delicious on salad, as a dip for bread or sprinkled on meats."

Some of the store's organic, non-GMO and gluten-free offerings include cranberry pear white balsamic vinegar, Neapolitan herb dark balsamic vinegar, Tuscan herb-infused olive oil and blood orange-fused olive oil among others. All balsamic vinegars come from Modena, Italy while olive oils are currently sourced from Chile, Italy, Spain and Portugal.

At the Wedding Fair, visitors can sample popular pairings, purchase a goodie package and pre-order wedding favours that include two 60 ml bottles with many design options and even personalized wax stamp.

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metro LIFE

Your essential daily news

Wednesday, January 11, 2017

40%

Forty per cent of Canadian women aged 35 to 45 have sex at least once a week; 33 per cent get it on less than once a month, according to a Chatelaine survey.

Students at Ganja Yoga studio in Toronto smoke from a vaporizer before class begins. COURTESY ANDREW WILLIAMSON

Ganja: A gateway drug to fitness?

CULTURE

Pairing weed and yoga may seem like a trend, but it has ancient roots

Mila Petkovic
For Metro

Yoga teacher Joey Lundgreen, 35, smiles warmly at students. People chat casually before class with their neighbours, as they take turns breathing from the vaporizer. The atmosphere here is warm, open and connected.

With his lion-like mane and fully embodied voice, Lundgreen leads the class through a series of breathing exercises.

"When I started this practice, (it) was a very helpful effect for me because my body was kinda very stuck and not very strong or capable, and this has been true for many of our students too. For this reason it's sometimes called 'Ganja Yoga, the gateway drug to fitness,'" said Lundgreen.

The drug helps people relax and open up, says studio owner Lucelene Pancini, 43, who also teaches at the studio. The dynamic blond woman — a former Brazilian champion of judo and jiu-jitsu — opened Ganja Yoga on Bloor Street West in Toronto in 2011, and has seen the number of students grow steadily over the years.

"It's beautiful to work with ganja but I tell people you have to be responsible too. A lot of people come here who have never smoked, or done yoga before. Anxiety or paranoia can come, so I provide a safe space, so people can look and say 'Lu is here for me,'" said Pancini.

The studio uses an energizing strain of cannabis called Sativa at the beginning of the class and the more relaxing, meditative Indica before going into the final resting state, Savasana. For legal reasons, the studio asks participants to contribute their own cannabis for the practice but shares the vaporizer.

"Breathing becomes slower and deeper and muscles let go, so for sure you can go much further into the poses," said Pancini, who has been teaching yoga for 12 years. "In the mind, it's the same thing. Because you're in the present moment you stop to care what the person is doing beside you."

> **I know a lot of people really like the smoking aspect. I feel like offering it helps to set the mood and harness an environment that's perhaps less pretentious than other studios can be. It's a mixed crowd but there's a real sense of community atmosphere here.**
>
> Yoga student Kat, 31

Ganja yoga studios have existed for some years now in major centres like Toronto, Montreal and Vancouver. With the impending legalization of weed, and more and more dispensaries popping up, perhaps we will see an increase in such studios.

"One of the things we're doing is taking the stigma out of it a bit, and formally bringing it into practice of yoga. It makes for a beautiful, very friendly community environment compared to the often beautiful but somewhat sterile usual yoga studios," said Lundgreen.

Although the idea of pairing weed and yoga may seem cutting edge or à la mode, the practice goes back centuries.

Hindu deity Lord Shiva is said to have introduced cannabis to the people as a medicinal and spiritual aid, and the Vedas (sacred Hindu texts dating from 1200 BCE) record Indian holy men pairing yoga with cannabis preparations to connect to the divine.

Although the use of the plant did not become stigmatized in India until the 1960s when the government clamped down on it after an international conference, the use of bhang (a milkshake-like drink made with ground cannabis) is permitted in India during celebrations.

"I see it as a beautiful sacrament that can take you to another level — spiritually, physically — at least a little bit faster," said Pancini.

Tighten the belt...but no need to scrimp on taste

RECIPE

Cheap can still be cheerful — make a January rush to ramen

Ricardo Larrivée
Torstar News Service

Ramen noodle and beef soup is inexpensive but also fragrant and hearty. CONTRIBUTED

I love January because it's full of new hope and possibility, and also because the exhilaration of the holidays is over — now it's time to recuperate. For many, that means a little belt-tightening to make up for December's extravagances. Here are two economical recipes that have incredible bang for the buck and will leave your family feeling full and satisfied.

We all know ramen noodles are cheap — that's why college kids live off them! But I wouldn't recommend eating anything from a package on a regular basis.

This ramen recipe is nearly as inexpensive, and it's cooked from scratch in less than half an hour with nutritious, quality ingredients. With bright aromatics, tender morsels of steak and comforting noodles, you'll get a fragrant, hearty soup that'll have everyone demanding seconds.

Ramen Noodle and Beef Soup

Makes 4 servings

Ingredients:

- 4 green onions, chopped (white and green parts separated)
- 2 cloves garlic, finely chopped
- 1 tbsp finely chopped fresh ginger
- 1/4 tsp red pepper flakes (or sambal oelek)
- 3 tbsp (45 mL) olive oil
- 4 cups (1 L) beef broth
- 2 cups (500 mL) water
- 1 sweet potato, peeled and diced
- 1 tbsp fish sauce
- 1 tbsp soy sauce
- 225 g ramen-style noodles
- 1 sirloin steak, about 9 oz (250 g)
- Bean sprouts, as desired
- Chopped fresh cilantro, as desired
- Lime wedges (optional)

Directions:

1. In a saucepan over medium heat, soften white parts of onions, garlic, ginger and red pepper flakes in 2 tablespoons oil. Add broth, water, sweet potato, fish sauce and soy sauce. Bring to a boil and simmer for 10 minutes or until sweet potato is tender. Adjust seasoning.

2. Add the noodles and cook for 3 minutes or until tender. Add broth, if needed.

3. Meanwhile, in a skillet over high heat, brown steak on both sides in remaining oil until desired doneness. Season with salt and pepper. Let rest for 5 minutes on a work surface, and then slice.

4. Ladle soup into bowls. Garnish with meat, bean sprouts, green parts of the onions and cilantro. Serve with lime wedges, if desired.

Sticky Buns

Makes 12 buns.

Ingredients:

Sticky buns
- 1-1/4 cups (310 mL) buttermilk
- 1/4 cup (55 g) sugar
- 2-1/2 tsp (12 mL) instant dry yeast
- 1/2 tsp salt
- 4-1/4 cups (640 g) unbleached all-purpose flour
- 2 eggs
- 3/4 cup (170 g) unsalted butter, softened

Caramel
- 3/4 cup (165 g) lightly packed brown sugar
- 1/4 cup (55 g) unsalted butter, melted
- 1/4 cup (60 mL) corn syrup
- 2 tbsp (30 mL) water
- 1/2 tsp ground cinnamon

Filling
- 1/2 cup (105 g) lightly packed brown sugar
- 2 tsp (10 mL) ground cinnamon
- 2 tbsp unsalted butter, melted
- Buttermilk, for brushing

Directions:

Sticky buns

1. In a bowl, combine buttermilk, sugar, yeast and salt. Set aside. In a stand mixer using dough hook or in a bowl using a wooden spoon, combine flour, eggs and buttermilk mixture until dough begins to form.

2. Add softened butter. In stand mixer or by hand, knead dough for 5 minutes. It will be soft and slightly sticky. Place in a clean, lightly oiled bowl and cover with a damp cloth or plastic wrap. Let rise in a warm, humid place for 1 hour.

Caramel

3. In a bowl, combine all ingredients with a whisk until smooth. Pour into a buttered 13 x 9-inch (33 x 23 cm) glass baking dish. Set aside.

Filling

4. On a generously floured surface, roll out dough into a 20 x 14-inch (50 x 35 cm) rectangle. Brush with melted butter and cover with brown sugar mixture. Roll dough into a log 20 inches (50 cm) long. Cut into 12 slices.

5. Place the dough slices onto the caramel. Cover with a damp cloth or plastic wrap. Let rise in a warm, humid place for 1 hour, or refrigerate for 8 hours or overnight. If refrigerating dough, cover with plastic wrap as a damp cloth will dry out.

6. With the rack in middle position, preheat oven to 350°F (180°C). Brush buns with buttermilk. Bake for 30 minutes or until golden brown. Let rest for 10 minutes.

7. Place a large serving platter over the baking dish. Turn out sticky buns onto platter.

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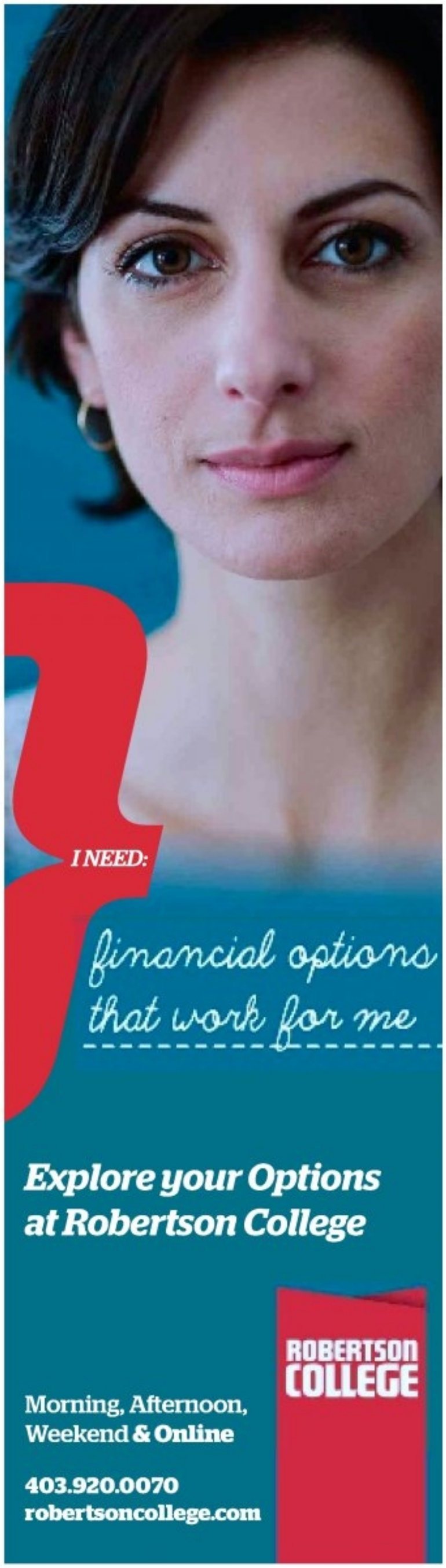
Any information collected is confidential. This study has been approved by the University of Calgary Ethics Board (REB15-0526).



SEPARATION

Pitt and Jolie agree private divorce pact

Angelina Jolie Pitt and Brad Pitt have reached an agreement to handle their divorce in a private forum and will work together to reunify their family, the actors announced in a joint statement Monday.

Their statement said that they will keep future details of their divorce confidential by using a private judge.

"The parties and their counsel have signed agreements to preserve the privacy rights of their children and family by keeping all court documents confidential and engaging a private judge to make any necessary legal decisions and to facilitate the expeditious resolution of any remaining issues," their statement read. "The parents are committed to act as a united front to effectuate recovery and reunification." THE ASSOCIATED PRESS

Brad Pitt. ASSOCIATED PRESS FILE

DRIVER IN FIRING LINE

Inside job theory in Kardashian heist

Investigators focused Tuesday on a possible inside job in the theft of more than $10 million worth of jewelry from Kim Kardashian West, after taking her chauffeur that night and his brother into custody. Three Paris officials confirmed the arrest of the driver and his younger brother among 17 people taken into custody. Michael Madar, 40, and Gary Madar, 27, worked for the same livery company, according to two officials. THE ASSOCIATED PRESS

JOHANNA SCHNELLER **WHAT I'M WATCHING**

Baring all, bringing truth

THE SHOW: Workin' Moms, Season 1, Episode 1
THE MOMENT: Baring it

First we see them from their (naked) shoulders up: three women sitting cross-legged in a Mommy-and-Me class circle, looking down at their own breasts and each other's.

"I feel like a proud show dog that didn't understand her days were numbered," says Frankie (Juno Rinaldi), a real estate agent. "Look at these things. It's like chicken skin."

Anne (Dani Kind), a psychiatrist, replies, "What are you talking about? Yours are OK."

Kate (Catherine Reitman), a PR rep, says about hers, "They're not winning any blue ribbons. But they stuck in there. They might be a little deflated, but they're not throwing in the towel. I like them."

"I'm with you," Anne says. "I breastfed my first for five months. This is where they landed."

The camera pulls back. The three women are the only bare-chested ones in the group. They regard each other. "It could be worse, right?" Anne asks. "No, it could be better."

This is what we call an auspicious — and audacious — beginning. This is the series' opening scene and this is the message that Reitman (yes, daughter of Ivan), who also created and writes the show, is sending: We are going to bare all and we're going to tell the truth.

The Mommy-and-Me leader calls the circle a safe space, but Reitman and Co. know there's no such thing. Here we are in 2017 and still, very little in our society nurtures working moms (working humans). Mom-on-mom judgment still rankles.

This show exposes its characters' humanity and fights back with funny.

Workin' Moms airs Tuesdays on CBC.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

The message Catherine Reitman, who also created and writes the show, is sending in Workin' Moms is: We are going to bare all and we're going to tell the truth. CONTRIBUTED

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Let MDX do some of the work for you

REVIEW

2017 refresh comes with lane keep assist

Stephen Elmer
AutoGuide.com

So how do automakers cope with the speed of things when they are not ready with an all-new model? By wrapping new skin around an old frame and selling it as all-new. A prime example? Meet the 2017 Acura MDX.

For 2017, what's newest about the MDX is what you see. There are some packaging changes and some added content, but for the most part, the new styling is the biggest change here.

Some of the visual additions include the diamond pentagon grille, restyled jewel eye headlights and a fresh front bumper. I'll let you decide if it's good looking or not, but one thing seems certain: the exterior redesign was extensive, but the changes on the inside, not so much.

Moving inside the MDX, you would be hard pressed to name it as a new model, though that doesn't necessarily mean it's a bad cabin. First the positives. The Olive Ash Burl wood fund in our fully loaded model is gorgeous, as is the leather that wraps the comfortable seats. It feels especially nice on the steering wheel, offering a supple tactile feel.

To look at, the interior including its dual-screen centre stack is quite nice to look at, though the esthetics of the infotainment are let down by the operation. Thankfully Acura hasn't done away with the volume knob like Honda has in its products, but still, this infotainment system is not all that intuitive.

Slightly thicker sway bars on this SH-AWD model help in part to provide excellent body control in this 1,946-kilogram crossover. The MDX handles corners fairly flat, with handling that feels slightly tighter than its competitors. Some of that can also be chalked up to the SH-AWD system, which can send different amounts of torque to individual wheels.

For 2017, every single MDX model comes equipped with the AcuraWatch suite of safety features and driver-assist technologies, which includes collision-mitigating brakes, lane-departure warning, forward-collision warning, adaptive cruise control, road-departure mitigation and lane-keeping assist. That last one is probably the most noticeable, as the lane keep assist in the MDX works quite well. To use it optimally, you keep your hands on the wheel but slightly loosen your grip, allowing the MDX to do some of the work for you.

THE CHECKLIST | 2017 ACURA MDX

THE BASICS

Engine: 3.5-litre V6
Power: 290 horsepower, 267 pound-feet of torque
Transmission: Nine-speed automatic
Fuel Economy (L/100 km): 12.2 city, 9 highway, 10.7 combined
Price: Starting at $53,690

LOVE IT
- Great handling
- Sharp looking
- Good safety technology

LEAVE IT
- Convoluted centre stack
- Infotainment system

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SL model shown*

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AMVIC Licensed. Offers available from January 4, 2017 – January 31, 2017. **$2,200/$2,000 No Charge All-Wheel Drive upgrade is available on new 2017 Rogue (excluding S FWD and SV special edition FWD)/2017 Murano (excluding S FWD) models purchased or financed with NCF at standard rates and delivered between Jan 4-31, 2017. Offer consists of a discount that can only be used at the time of initial purchase/finance and applied towards: (i) the purchase of an All-Wheel Drive system from an authorized Nissan dealer; and/or (ii) the purchase price of the vehicle. *Standard rate finance cash of $3,000/$4,000 applicable, on approved credit, when financing a new 2016 Micra SR AT or SV AT/2016 Versa Note S MT,SR or SL through Nissan Canada Finance Inc. ("NCF") at standard rates. Incentives will be deducted from the negotiated selling price before taxes. Incentives cannot be combined with lease rates, subvented lease/finance rates, Loyalty/Conquest cash or with any other offers. Payments cannot be made on a weekly basis, for advertising purposes only. *Representative monthly lease offer based on a new 2017 Rogue S FWD/2017 Murano S FWD. 0.99%/3.49% lease APR for 60/60 months equals monthly payments of $258/$405 with $1,495/$0 down payment, and $0 security deposit. Lease based on a maximum of 20,000 km/year with excess charged at $0.10/km. Total lease obligation is $16,947/$24,167. Lease Cash of $500/$0 is included in the advertised offer. *Models shown $38,019/$46,469/$18,714/$21,474 Selling price for a new 2017 Rogue SL (PL00)/2017 Murano Platinum (AA10)/2016 Micra SR AT/2016 Versa Note SL. All Pricing includes Freight and PDE charges ($1,795/$1,795/$1,600/$1,600) air-conditioning levy ($100), applicable fees, manufacturer's rebate and dealer participation where applicable. License, registration, insurance and applicable taxes are extra. Offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers except stackable trading dollars. Vehicles and accessories are for illustration purposes only. See your participating Nissan retailer for complete details. Certain conditions apply. ©2017 Nissan Canada Inc.

metro SPORTS

"Maybe he flies under the radar but not in this room": Mark Barberio on Habs teammate Max Pacioretty who is still waiting for his all-star nod

Canadian Doctor stands on guard for K.C. Chiefs

NFL PLAYOFFS

Duvernay-Tardif a vital player for AFC West champs

It's been a meteoric rise for Canadian Laurent Duvernay-Tardif.

Taken in the sixth round, 200th overall, of the 2014 NFL draft from McGill University, the 25-year-old native of Mont-St-Hilaire, Que., has established himself as the Kansas City Chiefs' starting right guard. And he's done it while also continuing to study medicine at McGill.

"If you would have asked me after I got drafted where I'd be in three years, I don't know if I would have been that confident to say I'd be a starter and doing decently," a modest Duvernay-Tardif said last week. "But at the same time I quickly realized if you want to stick in the NFL you have to become an essential part of the team after your second or third year, otherwise they're going to find somebody to replace you.

"There's no other way to stick in the NFL. You've got to show you can perform and be an important part of an offensive line or team."

Duvernay-Tardif, a converted defensive lineman, made the Chiefs' 53-man roster as a rookie but didn't play. Dubbed "Canadian Doctor" and "Larry" by his teammates, Duvernay-Tardif became a starter in 2015, playing 13 games before making a career-best 14 starts this year — playing every game he dressed for.

After earning a 2015 wild-card post-season berth with an 11-5 record, the Chiefs finished atop the AFC West at 12-4. That secured Kansas City the second seed in the AFC playoffs and home-field advantage for a divisional-round matchup against the Pittsburgh Steelers on Sunday.

Duvernay-Tardif's transition to the American game wasn't a seamless one. He had to adjust to a new position (guard from tackle) and game (four downs instead of three) while facing bigger, stronger and faster players lining up right across from him instead of a yard off the ball.

"McGill has a great program and I learned a lot there but when I got to the NFL, it was totally different," Duvernay-Tardif said. "With no yard between you and the defensive line ... it changes the way you play a little bit.

"The first couple of weeks at my first training camp, I wasn't even able to see the linebacker blitz because they were that fast. It was really an adjustment but at the same time you're always looking for challenges and coach (Andy) Reid and (offensive line coach Andy Heck) took the time to help me ... I'm very grateful for that."

Duvernay-Tardif hasn't enjoyed the luxury of relaxing after the NFL season as he's spent the last two off-seasons juggling workouts with medical school commitments. While that makes for a very hectic schedule, Duvernay-Tardif remains intent on seeing his academic requirements through.

"I promised myself when I decided to go down this road I'd finish my degree," he said. "We all know careers are so short in the NFL and sport in general and I want to prepare myself for after my (football) career because you don't know how long it's going to last."

THE CANADIAN PRESS

AWARD

Duvernay-Tardif won the J.P. Metras Trophy as the most outstanding lineman while playing for McGill in 2013.

Chiefs right guard Laurent Duvernay-Tardif has spent the last two off-seasons juggling workouts with medical school commitments. SEAN M. HAFFEY/GETTY IMAGES

> **It was really an adjustment but at the same time you're always looking for challenges.**
> Laurent Duvernay-Tardif on American football

NBA

DeRozan's 41 points lift Raps over Celts

DeMar DeRozan scored 41 points and Jonas Valanciunas added 18 points and 23 rebounds as the Toronto Raptors came back for a 114-106 win over the Boston Celtics on Tuesday night at Air Canada Centre.

The win ended a two-game slide and prevented Boston (23-15) from pulling even with the first-place Raptors (25-13) in the Atlantic Division standings.

Toronto trailed by 16 points midway through the third quarter but DeRozan helped bring the Raptors back into the game in the fourth. He scored six straight points before Kyle Lowry hit a three-pointer with 2:41 left to give Toronto a 104-102 lead.

TUESDAY At ACC

114	106
RAPTORS	CELTICS

An Isaiah Thomas layup pulled Boston even but DeRozan hit a pair of clutch jumpers down the stretch as Toronto scored eight straight points to pull away.

Thomas led the Celtics with 27 points while Al Horford had 14 points and nine rebounds.

DeRozan also had 13 rebounds while Kyle Lowry added 24 points for Toronto, which ended Boston's four-game winning streak. THE CANADIAN PRESS

NHL

Top rookies ascend to all-star status

It took less than a season for Auston Matthews and Patrik Laine to become NHL all stars.

The top two picks in the 2016 NHL draft were among the players selected Tuesday to participate in the upcoming 2017 NHL all-star weekend.

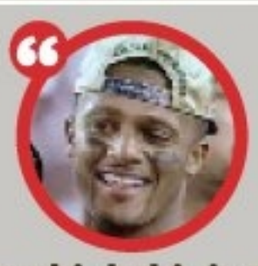
Laine, the rookie leading scorer with 21 goals and 37 points, is the lone Winnipeg Jets representative but his participation is questionable after he suffered a concussion in a recent game against Buffalo.

Patrik Laine
GETTY IMAGES

Second in rookie scoring with 35 points, Maple Leafs centre Matthews joins a team captained by Montreal No. 1 Carey Price as well as Canadiens top defenceman Shea Weber and Ottawa rearguard Erik Karlsson.

THE CANADIAN PRESS

NCAA FOOTBALL



> **You think this is the best of Clemson? Just wait the next five years.**
> Clemson QB Deshaun Watson after his team's comeback win over Alabama in the national championship

NFL PLAYOFFS

Pats favoured to beat Texans by 16

Before this weekend, just five NFL playoff games since 1966 have featured a team favoured by at least 15 points. Just one of those underdogs won the game (Google "Joe Namath" for more information on that).

> **There is nothing easy about this game for our offence.**
> Tom Brady

Oddsmakers don't think Brock Osweiler should guarantee the 16-point underdog Houston Texans (10-7) can beat Tom Brady and the Patriots (14-2) in New England.

In fact, even if Brady were not playing, the Patriots would be favoured by nearly two touchdowns.

The Patriots beat the Texans 27-0 in Week 3 with third-string quarterback Jacoby Brissett leading the way. THE ASSOCIATED PRESS

Raptors centre Lucas Nogueira rejects Celtics forward Jonas Jerebko at the basket on Tuesday night.
STEVE RUSSELL/TORSTAR NEWS SERVICE

FIFA to expand World Cup to 48 teams

SOCCER

Infantino's plan approved and start date for format is 2026

FIFA will expand the World Cup to 48 teams, adding 16 extra nations to the 2026 tournament which is likely to be held in North America.

President Gianni Infantino's favoured plan — for 16 three-team groups with the top two advancing to a round of 32 — was unanimously approved Tuesday by the FIFA Council.

It meets Infantino's election pledge of a bigger and more inclusive World Cup going beyond European and South American teams, which have won all 20 titles. "We have to shape the football World Cup of the 21st century," said Infantino, who also promised funding increases for FIFA's 211 member federations at his election last February.

With 80 matches instead of 64, FIFA forecasts the equivalent of $1 billion extra income at current rates from broadcasting and sponsor deals, plus ticket sales, compared to $5.5 billion revenue forecast for the 2018 World Cup in Russia.

FIFA projects an increased profit of $640 million despite some extra operating costs and prize money for teams.

FIFA's six continents should find out by May how many extra places they will each get.

"No guarantees have been made," Infantino said. "The only sure thing is that obviously with 48 teams everyone will have a bit more than they have today."

UEFA wants 16 European teams at the tournament, which is strongly favoured to be played in North America. The CONCACAF region has not hosted the World Cup since the 1994 tournament in the United States.

80

The expansion will increase the number of matches from 64 to 80.

American, Canadian and Mexican soccer leaders have had informal talks about a co-hosting bid. FIFA members are scheduled to pick the host in May 2020, though there could be little competition in a process Infantino said must be "bullet-proof" to meet all integrity rules.

Africa and Asia could be winners in a bigger World Cup with up to nine places each. They had only five and four teams, respectively, at the 2014 World Cup in Brazil. Still, FIFA said it expects the standard of soccer to drop compared to the 32-team format locked in for the next two World Cups in Russia and Qatar. Instead, Infantino wants to create fervour and months of anticipation back home in the 16 extra nations which would qualify, some probably making their World Cup debut.

FIFA has pointed to Costa Rica, Wales and Iceland as examples of teams which overachieved at recent tournaments.

FIFA must break with soccer tradition to make its new format work after an original 48-team plan — with an opening playoff round sending 16 "one-and-done" teams home early — was unpopular. Instead, three-team groups will replace the usual groups of four to create simple progress to a knockout bracket.

Gianni Infantino

THE ASSOCIATED PRESS

MICHAEL BUHOLZER/AFP/GETTY IMAGES

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SOCCER **ADVANTAGE UNITED IN LEAGUE CUP SEMI-FINAL**

Manchester United's Marouane Fellaini heads in his side's second goal in its 2-0 English League Cup win over Hull City on Tuesday at Old Trafford. Juan Mata also struck for United which closed in on the tournament final with the first-leg win.

CLIVE MASON/GETTY IMAGES

IN BRIEF

NASCAR's Edwards to walk away from end of contract

In a stunning decision, NASCAR driver Carl Edwards is walking away from the final year of his contract with Joe Gibbs Racing less than two months after nearly winning his first Cup championship, two people with knowledge of the situation told The Associated Press on Tuesday.

Joe Gibbs Racing scheduled a pair of news conferences Wednesday in which Edwards is expected to announce he will not drive the No. 19 Toyota next season. THE ASSOCIATED PRESS

Regina Pats sign Mahura before trade deadline

The league-leading Regina Pats bolstered their lineup just before Tuesday's Western Hockey League trade deadline, acquiring D-liner Josh Mahura and Red Deer forward Jeff de Wit.

The Pats also received a conditional third-round pick, while the Rebels acquired forward Lane Zablocki, defenceman Dawson Barteaux, a first round pick in 2017, and two conditional picks in the coming years. The Calgary Hitmen add goaltender Trevor Martin from the QMJHL's Baie-Comeau Drakkar.

THE CANADIAN PRESS

MAKE IT TONIGHT

Crunchy Cauliflower Tacos

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

A light coating of bread crumbs give these veggie tacos an addictive crunch.

Ready in 30 minutes
Prep time: 10 minutes
Cook time: 20 minutes
Serves 4

Ingredients
- 1 head cauliflower
- 2 Tbsp olive oil
- 1 1/2 cup panko or bread crumbs
- 1 tsp chili powder
- 1/2 tsp cumin
- salt and pepper
- 1 avocado
- 1/4 cup sour cream
- 1 lime, juiced
- salt and pepper
- 6 to 8 tortillas
- extras like crumbled queso or feta cheese, cabbage slaw

Directions

1. Chop cauliflower into florets. In large bowl, toss with olive oil.

2. On a large, flat plate mix panko, spices and a bit of salt and pepper. Toss florets in mix until coated. Spread on a baking sheet and pop in oven 25 to 30 minutes, until cauliiflower is golden and tender.

3. Meanwhile, combine avocado with sour cream and lime juice. Mash with fork and combine until smooth. Taste and add salt and pepper.

4. Prep all of your extras and warm up the tortillas. Spread a good dollop of avocado on each tortillas. Place a handful of the baked cauli on top, then load on your toppings.

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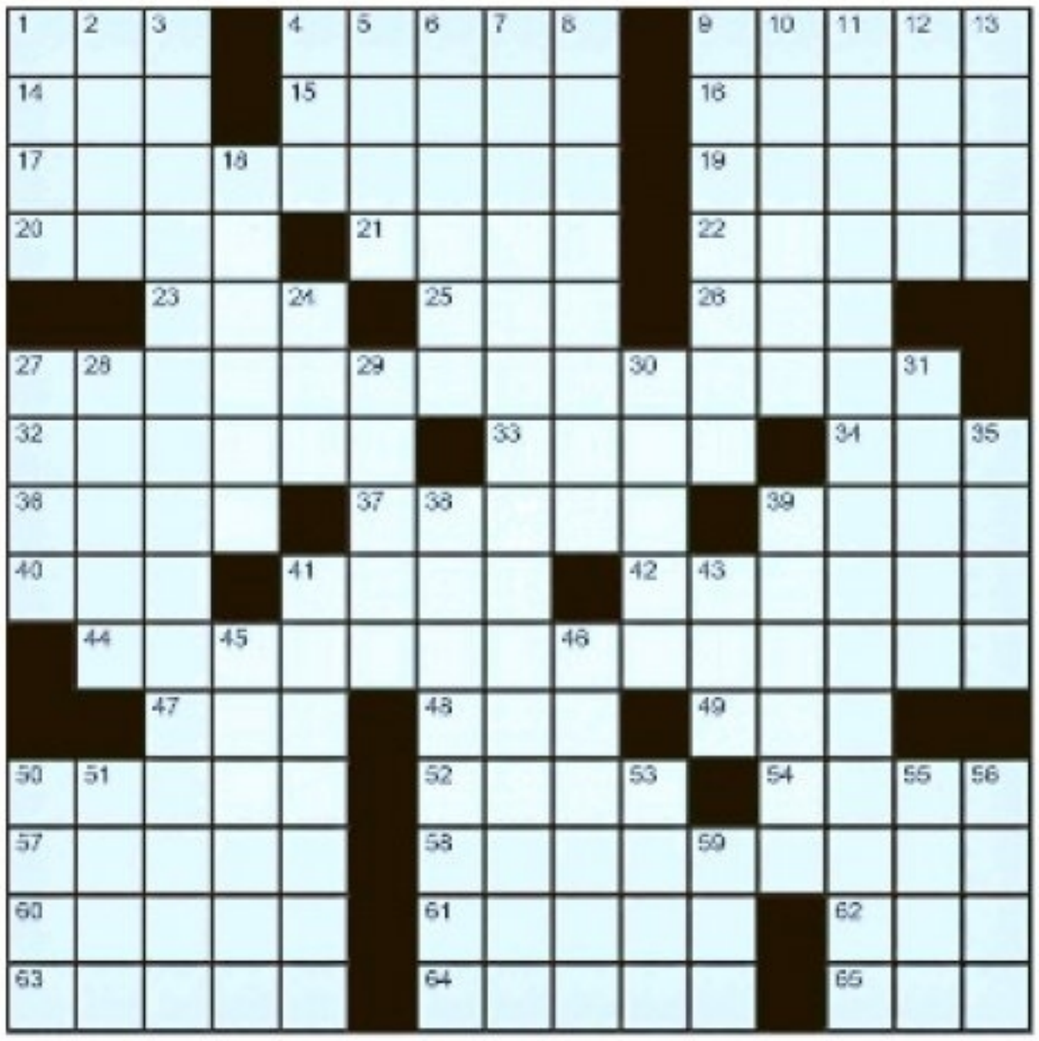
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Spa mask material
4. Olympic award
9. Sprays
14. "Take _, _ insist."
15. Andrea _ (Ill-fated ocean liner)
16. Mult., div. subj.
17. Refuge
19. 6/49, e.g.
20. Cabbage: French
21. Pet rights org.
22. "Party Rock Anthem" duo
23. Initials-sharers of The Miracles' lead singer
25. Suffix with 'Jacob'
26. War on Poverty agcy.
27. TV channel, with The, that gives coast-to-coast forecasts: 2 wds.
32. Archie and Edith's street on "All in the Family"
33. Many a moon
34. Jackie O's hubby
36. Macy Gray hit: 2 wds.
37. Hilly range
39. Accelerated
40. Sea: French
41. Baseball star Sammy
42. Rita Hayworth's 1953 title biblical role
44. '_ _ Authorized Personnel Only' (Warning on the door of a secretive facility)
47. Cow sound
48. "_ for two and me..."
49. Mel of baseball
50. Hilary of "Amelia" (2009)
52. Close-fitting
54. Ancient love god
57. Thomas _ (American colonial pamphleteer)
58. Wedding party member
60. _ ear
61. Brother, in Brossard
62. The Young Rascals tune: "How Can _ _ Sure"
63. Arboreal architectures
64. Uncanny
65. Mr. Pennington and Mr. Cobb

DOWN
1. Assorted [abbr.]
2. Salt Lake City's site
3. Drumheller discoveries: 2 wds.
4. Summer hrs. in Alberta
5. 'Right' suffix
6. "Mad Men" character Don
7. Big sports/concert venue in Toronto: 3 wds.
8. Birth a before-being-a-baby bird: 3 wds.
9. "Harry Potter and the Deathly _: Part 1" (2010)
10. "_ _..." (Start of Juliet's famous line)
11. Do motionless modelling for the painter: 4 wds.
12. Beyonce's "Cadillac Records" (2008) role
13. "Vamoose!"
18. Respectful gesture when meeting The Queen
24. Talking Heads song: "And _ Was"
27. Lark
28. Dinner deleter
29. Boo-boo
30. Dita Von _ (Queen of Burlesque)
31. Krispy _ Doughnuts
35. Notion
38. "Has testing been done on this product?": 3 wds.
39. Scheduled
41. Irish writer Bram's family
43. Hubbub
45. Shakespearean verse
46. Stretched more tightly
50. Michael J. Fox show, "_ City"
51. Lessen
53. British songstress Ms. Halliwell
55. Dionne Warwick's "Walk _ _"
56. Fr. women-with-halos
59. Born, in biographies

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today you're not afraid to dream big! You're entertaining big plans for your future, and you might make big proposals to bosses, parents and VIPs.

Taurus April 21 - May 21
You're excited about travel plans -- and we're talking big travel plans! Likewise, some of you have big ideas about higher education, publishing and the media.

Gemini May 22 - June 21
You feel confident during discussions about inheritances and shared property today, which is why you definitely will steer things the way you want them to go.

Cancer June 22 - July 23
Relations with partners and close friends are intense today. Everything seems to be bigger than life. Your wants are important, and so are the wants of someone else.

Leo July 24 - Aug. 23
You are busy at work today because you want to accomplish so much. Plus, you have high standards for yourself and others. "Shoot for the moon!"

Virgo Aug. 24 - Sept. 23
This is a playful, romantic and funloving day! Make plans to socialize with others. Enjoy sports events, fun activities with children and schmoozing with friends.

Libra Sept. 24 - Oct. 23
Your interactions with a parent or a family member will be strong today. You know what you want, and this person knows what he or she wants. Surely you can meet somewhere in the middle.

Scorpio Oct. 24 - Nov. 22
This is a busy day! Be careful that you don't overbook short trips, appointments, errands and talking to everyone. Plus, there's all that reading and writing you have to do. Gasp!

Sagittarius Nov. 23 - Dec. 21
Today you're focused on money and cash flow. Caution: Do not go overboard or be overly confident. Make sure you know what you're doing, then do it.

Capricorn Dec. 22 - Jan. 20
You feel empowered today because the Sun is in your sign, getting a boost from lucky Jupiter. Use today to go after what you want. You likely will get it.

Aquarius Jan. 21 - Feb. 19
You will be effective working alone or behind the scenes today. Sometimes that's actually the most powerful place to be, because you're not distracted by external business.

Pisces
Feb. 20 - March 20
This is a popular day for you! Enjoy hanging out with others, and also enjoy professional associations with colleagues or people in clubs and groups. Don't hesitate to speak up.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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		9			5		4	

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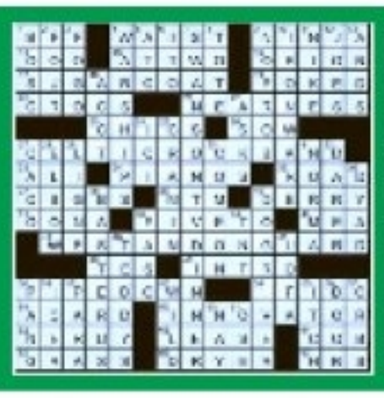

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8	4	1	9	3	2	6	5	7
3	5	7	4	6	8	2	9	1
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16T565

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CLEARANCE!

$17,990

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16C045

WAS $27,784 • $9,794 SAVINGS

CLEARANCE!

$17,990

OR PAY $103 BIWEEKLY

2016 RAM 1500 4x4 "BLACKOUT"

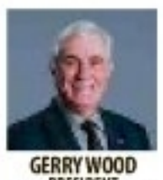
16T362

WAS $43,464 • $15,474 SAVINGS

CLEARANCE!

$27,990

OR PAY $158 BIWEEKLY



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